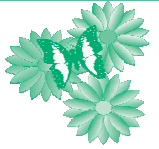


JUNE 2016



Mary Cruise Kennedy Senior Center > Thrive!

What's News?

Janice B. Fitzgerald *Director*

Brockton Council on Aging - City of Champions 10 Father Kenney Way, Brockton, MA 02301 508-580-7811 phone 508-580-1674 fax

NEW

Senior Safety Hotline, this is a non-emergency number, 508-941-0292

NEW

Mayor's Message

"The summer wind, came blowin' in from across the sea / It lingered there to touch your hair and walk with me" – Frank Sinatra

June is upon us and with that, summer will soon be too. I strongly urge you to take advantage of the warm weather we should have upon us, while also staying safe and not letting the heat endanger you.

Please remember to stay cool and stay hydrated during the summer months, especially if you are participating in any outdoor activities.

Also, talk to your doctor and make sure that any medications you are on won't be affected by higher temperatures. Some medications are less effective if stored at temperatures higher than a room temperature of 78 degrees Fahrenheit.

Also, remember to wear sunscreen. Remind your children and grandchildren of that too!

We'll have plenty of activities throughout the summer that The Mayor's Office is a part of which I will outline in next month's newsletter.

Until then, be safe.

Bill Carpenter

Mayor of Brockton

Director's Message

The other day I was reading the Middleboro COA Newsletter and was impressed with the note from the Director, Andrea Priest. Her article talks about the importance of planning for our final days. Andrea shares how uncomfortable it was initially for her to have the conversation with her parents but was able to finally discuss it with them. Little by little they would make notes as to what their wishes were.

I too share the same story. My mom and dad DID NOT want to discuss "it". "It" was nothing that one needed to plan for.

Sadly, when my mom and dad reached age 91 they both, within a year, ended up in the hospital still with no discussion on plans, and I was faced with making decisions that I felt were the right ones, but not sure of what they wanted. This was the most difficult time of my life. Not only was I facing difficult decisions with their healthcare I also was facing decisions with their finances.

So the day came. I was faced with "it". Where were all the important papers kept, how do I contact family members? As you can imagine there were a lot of questions that I just didn't have the answers to.

I know this is a tough conversation to have with your loved ones, but please take the time and have the talk. At the COA I have a booklet that may help make that conversation easier. The booklet is called "Five Wishes". The Five Wishes document gives you a way to control something very important-how you are treated if you get seriously ill, the kind of medical treatment you want and what you want your loved ones to know. ***Join us for a conversation on "Advance Care Planning with Five Wishes" presented by Hope Hospice on Tuesday, June 7 from 1:00-2:00.***

In closing, I want to use a quote from Andrea Priest. "You can choose your legacy and whether your passing can be a celebration of life or a burden of unfinished business". Make your life a celebration. Give your family this gift. Make your plans...before it's too late.



Thank you to Andrea Priest, Middleboro COA Director, for an article well written.

Janice

"We are supported in part by The Executive Office of Elder Affairs"



JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Upcoming Events Craft with West Acres 7/11/16 Annual COA Cookout 7/13/16 Let's Talk about your Tongue 7/20/16 Summer Social with Jen Mello 7/20/16 Men's Group Fishing Trip 7/25/16 Trivia with Sachem Health Center 7/27/16 National Ice Cream Sandwich Day 8/2/16 Antiques& Collectibles Appraisals 8/3/16		7:30 Walking Club ¹ 9:15 Tai Chi 9:30 Poker 10:30 Aerobics 1:00 Summer Sing-along with Roger Tincknell	9:00 Cribbage ² 9:00 Fine Art 12:00 Congregate Meal Potato Crunch Fish 12:00 Train Dominoes 1:00 Whist 1:00 Hand & Foot 1:00 Movie 1:00 Writer's Workshop	7:30 Walking Club ³ 9:00 Michelle DuBois 9:30 Glucose /Blood Pressure w/ Tower Hill 10:30 Bingo-Cards must be purchased by 10:15 12:00 Mah Jongg
7:30 Walking Club ⁶ 9:00 Activities Comm. 10:00 Zumba Gold 10:00 Board of Directors *Friends Meeting immediately following* 11:15 Line Dancing 12:30 Bowling 1:00 Whist 1:00 "Let's Sail-A-Brate"	9:30 Singing Group ⁷ Rehearsal 10:00 Bridge 12:00 Congregate Meal Roasted Chicken Breast 12:00 Knitting 1:00 Five Wishes with HopeHealth 1:00 Hand & Foot 2:30 Yoga	7:30 Walking Club ⁸ 9:00 Meet & Greet with Plymouth County Sheriff Joseph D. McDonald, Jr. NO Tai Chi 9:30 Poker 11:00 Aerobics 1:00 "Jerry Atric—The Older I Get" by Steve Henderson	9:00 Cribbage ⁹ 9:00 Fine Art 12:00 Congregate Meal Lasagna Rolls 1:00 Whist 1:00 Hand & Foot 1:00 Movie 1:00 Writer's Workshop	7:30 Walking Club ¹⁰ 9:30 Blood Pressure Tower Hill 10:30 Bingo-Cards must be purchased by 10:15 12:00 Mah Jongg
7:30 Walking Club ¹³ 10:00 COA Book Club 10:00 Zumba Gold 11:15 Line Dancing 12:30 Bowling 1:00 Whist 1:00 Happy Feet: Diabetic Foot Care	9:30 Singing Group ¹⁴ Rehearsal 10:00 Free Hearing Screening w/ Beltone 10:00 Bridge 12:00 Congregate Meal Meatballs with Pasta 12:00 Knitting 1:00 Hand & Foot 2:30 Yoga	¹⁵ World Elder Abuse Awareness Day 12:00 Noon March to End Elder Abuse All other Activities are cancelled	9:00 Cribbage ¹⁶ 9:00 Fine Art 12:00 Congregate Meal Corned Beef 12:00 Train Dominoes 1:00 Whist 1:00 Hand & Foot 1:00 Movie 1:00 Writer's Workshop	7:30 Walking Club ¹⁷ 9:30 Blood Pressure Southeast Rehabilitation 10:30 Bingo-Cards must be purchased by 10:15 12:00 Mah Jongg
7:30 Walking Club ²⁰ 10:00 Zumba Gold 11:15 Line Dancing 12:30 Bowling 1:00 Whist 1:00 Frozen Yogurt Social with West Acres 2:30 Mosquito Safety with Dan Daly	9:30 Singing Group ²¹ Rehearsal 9:30 Men's Group 10:00 Bridge 10:00 Antique Car Show 12:00 Pasta Saute' with Traveling Chef 12:00 Knitting 1:00 Hand & Foot 2:30 Yoga	7:30 Walking Club ²² 9:15 Tai Chi 9:30 Poker 10:30 Aerobics 12:30 MADD Hatters 	9:00 Cribbage ²³ 9:00 Fine Art 12:00 Congregate Meal Summer Delight— Build a Burger Special 1:00 Whist 1:00 Hand & Foot 1:00 Movie 1:00 Writer's Workshop	7:30 Walking Club ²⁴ 9:30 Glucose/Blood Pressure VNA 10:00 Birthday Party 10:30 Bingo-Cards must be purchased by 10:15 12:00 Mah Jongg
7:30 Walking Club ²⁷ 9:30 Legal Consults 10:00 Zumba Gold 11:15 Line Dancing 12:30 Bowling 1:00 Whist 1:00 S.T.O.P	9:30 Singing Group ²⁸ Rehearsal 10:00 Bridge 12:00 Congregate Meal Shepherd's Pie 12:00 Knitting 1:00 Hand & Foot 2:30 Yoga	7:30 Walking Club ²⁹ 9:15 Tai Chi 9:30 Poker 10:30 Aerobics 1:00 What Every Senior Citizen Should Know About Substance Abuse	9:00 Cribbage ³⁰ 9:00 Fine Art 12:00 Congregate Meal Pork Roast w/Pineapple 12:00 Lunch & Learn The Low-down on Food Additives 12:00 Train Dominoes 1:00 Whist 1:00 Hand & Foot 1:00 Movie	

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SPECIAL EVENTS & ACTIVITIES**MEET& GREET WITH PLYMOUTH COUNTY SHERIFF
JOSEPH D. McDONALD, JR.*****Continental Breakfast and presentation******sponsored by SALT/TRIAD*****When: Wednesday- June 8, 2016****Time: 9:00am-10:30am****Where: Brockton Council on Aging**

Sheriff Joseph D. McDonald, JR was elected in November 2004. He is the 30th High Sheriff of the County of Plymouth, an office which dates back to 1692. Prior to being elected to the county's top law enforcement post, Sheriff McDonald served almost nine years as an assistant District Attorney for Plymouth County.

Sheriff McDonald is a life-long native of Plymouth County having grown up in Marshfield. He is a graduate of the University of Massachusetts-Amherst, where he received his Bachelor of Arts degree in May 1988, and Suffolk University Law School, receiving his Juris Doctor degree in May 1991.

Sheriff McDonald dedicates resources to assist local public safety officials to keep residents safe here in Plymouth County. One program he will talk about this morning is "Safety Assurance" formerly known as "Are You OK".

To reserve a seat please sign up at the front desk or you can call 508-580-7811.

"Seniors On the Go" Trips

Trip Policy - Brockton residents 60 years of age or older will be given first priority on reservations for all trips sponsored by the COA. Anyone living outside of Brockton will be put on a waiting list and if seats are available you will be called. **TRIPS ARE NON-REFUNDABLE.**

DAY TRIPS

June 9th Daniel Webster Grand Buffett & Sandwich Glass Museum

.....\$49.00 plus \$2.00 cash tip

June 26th Blue Man Group

.....\$74.00 plus \$2.00 cash tip

June 28th Foster's Clambake and Stonewall Kitchen

.....\$59.00 plus \$2.00 cash tip

July 12th Martha's Vineyard Day Trip

.....\$72.00 plus \$2.00 cash tip

July 19th Mohegan Sun Casino

.....\$26.00 plus \$2.00 cash tip

July 27th Beauport Princess Lobster Bake & Rockport Visit

.....\$59.00 plus \$2.00 cash tip

Please sign-up at the front desk or call 508-580-7811 to attend the events scheduled in this newsletter at the Brockton Council on Aging.

**Let's "Sail-A-Brate"****Nautical Party****Monday, June 6th at 1:00PM**

Sponsored by Braemoor & Brockton Health Centers

Ahoy there! Come dressed as your favorite **Nautical Character**. There will be drinks, food, music and more.

Frozen Yogurt Social**Sponsored by West Acres****Monday, June 20th at 1:00PM**

Celebrate the first day of Summer

with Mary Barros as she serves up some delicious frozen yogurt with all the fixings. Don't forget to tell your friends.

Mosquito Safety Presentation**Monday, June 20th at 2:30 PM**

Please join Dan Daly, Community Liaison for the Plymouth County Mosquito Control Project he will give an overview about the project. Learn about the 3D's of mosquito protection, how to select the right repellent, and about the Zika Virus.

**ANTIQUÉ CAR SHOW**

The Men's Group is hosting an antique car show in honor of Father's Day sponsored by the "Pacesetters"

on Tuesday June 21st at 10:00AM

All seniors are invited to this event sign-up at the front desk to attend.

After the car show there will be a **Father's Day Special** Pasta Saute' Congregate Meal at 12:00 noon
Suggested Donation-\$2.50

Please do not park in the back row on this day. Additional Parking is available at St. Patrick's Church.

Rain Date for Car Show **Only** TBA



State Representative Michelle DuBois will be here at the Brockton Council on Aging on Friday, June 3, 2016 from 9:00-10:30 AM. Stop in and speak with Michelle. The Representative looks forward to meeting you and relaying your concerns to Beacon Hill.

EVENTS & ACTIVITIES

DROP-IN

Aerobics (\$3).....Wednesdays at 10:30 AM
Blood Pressure Screenings..... See calendar for day and time
Bowling..... Mondays at 12:30PM at Westgate Lanes, Lanes 3&4
Glucose Screening.....2nd and last Friday of each month
Line Dancing (\$3).....Mondays at 11:15AM
Tai Chi (\$3).....Wednesdays at 9:15
Walking Club..... Mondays, Wednesdays and Fridays at 7:30AM
Yoga (\$4).....Tuesday at 2:30PM
Zumba Gold (\$3).....Mondays at 10:00AM

GROUPS

The following groups meet monthly. Days and times are subject to change please consult calendar on page 2 for changes.

"Ask Dottie"3rd Wednesday of each month at 10:30AM
Book Club.....2nd Monday of each month at 10:00 AM
Knittersevery Tuesday at 12:00 PM
Low Vision Support Group ... last Tuesday of each month from 10:00AM-1:30PM at the Campello High Rise, Bldg A conference room. To register to attend call Laurie Werle at 617-926-4268.
MADD Hatters ..Wednesday, June 22nd at 12:30PM this month's theme is "Cape Cod". The cost to sign-up \$7.00 per person. Please sign-up by June 15th to attend.
Men's Groupwill meet on Tuesday, June 21st at 9:30AM
 Order a breakfast sandwich for \$3.00 per person
SALT/TRIADwill resume on September 19th at 9:30AM



Advance Care Planning with Five Wishes

*Essential Conversations for Peace of
Mind Before There Is a Crisis*

Presented by Melissa Weidman,
Director of Community Relations, Hope Hospice

Tuesday, June 7, 2016

1:00 p.m. to 2:00 p.m.

Brockton Council on Aging

10 Fr. Kenney Way, Brockton, MA

We all need to have a health care proxy. But how does your health care proxy know your wishes? We'll explore the value of the Five Wishes document as a communications tool for families. By using this document, you can be more confident that your individual definition of quality of life is understood and honored, should it ever be medically needed.

Come get answers to your questions – it's healthy planning for the future.

To reserve a seat please sign up at the front desk or you can call 508-580-7811.



Thursday COA Theater

Movies are shown every Thursday at 1:00PM
 If you wish to attend please sign up at the desk.

June 2nd "Spectre"

Starring: Daniel Craig, Christoph Waltz, and Lea Seydoux
Run Time 148 Minutes (Rated PG-13)

June 9th "A Brilliant Young Mind"

Starring: Asa Butterfield, Rafe Spall, and Sally Hawkins
Run Time 111 Minutes (Rated PG-13)

June 16th "The Lady in the Van"

Starring: Maggie Smith, Alex Jennings, and Jim Broadbent
Run Time 104 Minutes (Rated PG-13)

June 23rd "The Intern"

Starring: Robert De Niro, Anne Hathaway, and Rene Russo
Run Time 121 Minutes (Rated PG-13)

June 30th "Bridge of Spies"

Starring: Tom Hanks, Mark Rylance, and Amy Ryan
Run Time 142 Minutes (Rated PG-13)



"Jerry Atric – The Older I Get"

At the Brockton Council on Aging
 in honor of National Smile Day

Date: Wednesday

June 8, 2016

Time: 1:00PM

The performance features comical and touching stories about the experiences of an elderly man with healthcare, ice cream and even romance. Enjoy a humorous look at aging through the eyes of an elderly gentleman with a sense of humor and a joy for living.

This program is supported in part by a grant from the Brockton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.



OUTREACH DEPARTMENT

How did we get to June so quickly? June is one of the busiest months for Health Education.

Opioid Addiction and its effects on society are all over the news these days. In order to raise more awareness of this crisis we will be presenting a program on **Wednesday, June 29th at 1:00 pm** called "**What Every Senior Citizen Should Know About Substance Abuse**".

The main presenter will be Hillary Dubois, the Director of the Brockton Area Opioid Abuse and Prevention Collaborative. We will also have a panel of experts in the area of addiction to answer questions. Many seniors deal with addictions either with themselves or family members such as children and/or grandchildren.

We have the Brockton Knocks Down Diabetes Week beginning Saturday **June 11th** with a Health and Wellness Expo at the **Shaw's Center from 9:00 am-1:00 pm**.

This begins a week filled with events focusing on Activities, Nutrition, Education and Screenings to raise awareness of the impact the disease of Diabetes has on all of us. Be on the lookout for brochures at our center. The brochures will list all the programs for the week.

The week will end on Saturday, June 18th with the Leo Mac Neil Family Fun Walk, Field Day and Rox Game all being held at Campanelli Stadium. Mark your calendars and save the dates.

We recently cancelled a presentation by **The Senior Medicare Patrol**. We have rescheduled for **Wednesday, July 6th at 1:00 pm**.

We are now a part of a new Federal Food program called Commodity Supplemental Food Program (CSFP)- this is a direct food distribution program. Food is provided one time monthly to seniors who meet the qualifications. Please call to set up an appt. to fill out an application or talk about the program.

Health Education Programs June, 2016

Monday-June 13th 1:00-2:30 pm "Happy Feet"- How to keep your feet in tip top shape
Part of BKDD- Presented by Brockton VNA and BCOA

Monday- June 27th 1:00-2:30pm- STOP- Healthy Eating for Older Adults

Wednesday- June 29th 1-2:30pm – "What Every Senior Citizen Should Know About Substance Abuse"
"New" Diabetes Self Management Workshop starts June 30th

Remember to check your Brockton Knocks Down Diabetes brochure for other programs presented by the BCOA

DIAL-A-BAT

DID YOU KNOW....

- ⇒ that you if you are 65 years or older you can register here at the Council on Aging for Dial-A Bat?
- ⇒ that you need to call Dial-A-Bat at least 24 hours in advance to schedule a ride?
- ⇒ that Brockton seniors can use Dial-A-Bat to go shopping, to the doctor, to visit friends etc, in Brockton, Bridgewater, East Bridgewater, West Bridgewater, Abington or Whitman **with limited service to Avon, Easton and Stoughton?**
- ⇒ that the cost to ride Dial-A-Bat is \$2.50 each way within the same community or \$3.50 from one Dial-A-Bat community to another?
- ⇒ that Dial-A-Bat will provide limited service to some Boston Medical facilities on Wednesdays and Fridays only?

If you have any questions you can call Janice at the COA at 505-580-7811 or Dial-A-Bat at 508-584-5530.

The Brockton Council on Aging, & Old Colony Elder Services invite you to



PROTECT SENIORS
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March with us Against Elder Abuse

When: Wednesday, June 15, 2016 Rain or Shine

Where: Brockton Council on Aging, 10 Father Kenney Way, Brockton, MA

Time: Kick off is at 12:00 PM. March with us down Main St. to OCES and back to BCOA for

Speakers, Refreshments & Lunch following March

RSVP

Krista Jean Forand (508) 584-1561 X 302
kforand@ocesma.org
By June 8, 2016
at The Brockton COA (508) 580-7811

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JUNE BIRTHDAYS

Sonja Olbert	1 st	Maxine E. Young	11 th	Adele Phillips	23 rd
Sandra Hubbard	2 nd	Ruthie Graham	12 th	Mary Ann Counter	24 th
Jacqueline Sciacca	2 nd	Frances Sorgman	12 th	Judith Goulet	24 th
Vincent Wedge	2 nd	Marie Tavares	13 th	Glenna Angelo	25 th
Lorna Bernard	4 th	Al Amoroso	14 th	Kenneth Gillpatrick	25 th
Marilyn Johnson	4 th	James Howard	14 th	Jane Murphy	25 th
Jean Terrio	4 th	Ruth Walsh	15 th	Margie Anzalone	26 th
Gloria Harris	5 th	Mary Freeland	16 th	Dinarte Alves	26 th
Barbara Drobiak	6 th	Beverly Scheuer	16 th	Eugene Seaver	26 th
Clay Reichenberg	7 th	Lorraine Souza	16 th	Snookie Burgo	27 th
Catherine Hutchins	8 th	Arnold Greenblatt	17 th	Esther Cohen	27 th
Donald E. Surgens	8 th	Pat Kirkpatrick	18 th	Janice Walker	27 th
Rosemarie Thompson	8 th	Suzanne Larke	18 th	Isabella Forret	28 th
Sandy Pascar	9 th	Bettie Edwards	19 th	Fred Cushing	30 th
Patricia N. Cleary	10 th	Toni Lewis	20 th	Marie Orphanos	30 th
Maria Montanez	11 th	Elwood Ireland	22 nd		

NEW AND RENEWAL OF MEMBERS

Evelyn V. Alston	Carole Greene	Anthony Meninno
Robert L. Alston	Joan Grushkin	Lorraine Meninno
Carol Auger	Gloria Harris-Gilmore	Irene Presseault
Jenifer Augustine	Marie Jones	Eugene Seaver
Laura Bobillier	Edith Kjersgard	Mary Seaver
Hector E. Cormier, Jr.	Carol Lessard	Lois Sumrall
Helen Crawford	Patricia Lovett	Carole Sylvester
Geraldine Cummings	Lois Mannion	John Sylvester
Robert S. Dillis	Loretta Martins	Carol Webster
Marie "Vicki" Flaherty	Deborah McBride	Walter Webster
Robert Gage	Sherrie McMullen	

MEMORIALS

Hector E. Cormier, Jr. in memory of his mother and father, Germaine and Hector Cormier

Helen Crawford in loving memory of John J. Crawford

Marion Cunic in memory of Marion Cookowski

Carole and John Sylvester in memory of Rose Sylvester

Carole and John Sylvester in memory of Bernice Anderson

Carole and John Sylvester in memory of brothers, Dunna, Lou, Gene and Jack.

THANK-YOU, THANK-YOU, THANK-YOU

To all of our newsletter sponsors for your support.

Georgia Howland for the Beekeeping presentation.

To all the volunteers and vendors at The S.A.L.T./Triad Safety & Health Fair.

Janet and Lorraine for Creative & Memoir Writing.

Lucia Shannon for running the COA Book Club.

West Acres & Mary Barros for Apron Decorating.

Mark Hall of Beltone for the hearing screenings.

Everyone that helped us paint signs for W.E.A.A.D.

John Root for Songbirds of the Northeast.

Attorney Michelle Beneski for the legal consults.

Dottie Slack for "Stroke: How to deal with it."

Richard Hand, Numismatist for Pearl Harbor Currency.

Robin Putnam for "Home Improvement Contractors: What you Should Know"

Chris Tompkins for serving congregate meals with love.

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Address: _____

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Memorial Donation \$ _____ In Memory of: _____

Make checks payable to The Friends of the Brockton Council on Aging

Congratulations to Millie Bowker May's Senior Dollar Winner

COUNCIL ON AGING BOARD

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Carol Webster • Maxine Young

The COA Board meets the 1st Monday of each
month at 10:00 AM

The Friends Board meets the 1st Monday of each
month immediately following the COA Board
meeting.

Mission Statement:

The Brockton Council on Aging, a branch of city government, is mandated to assess the needs and provide programs and services to Seniors in the community and strives to improve their quality of life. The Council on Aging offers through its staff and volunteers easy access to an array of general programs, information, and socialization opportunities to Seniors age 60 years and older.

COUNCIL ON AGING

Our elder residents are provided an opportunity to live a lifestyle based on independence, and we are committed to helping our seniors age with dignity and security.

The Brockton Council On Aging provides an array of informational Programs, workshops, health screenings, recreational and social activities such as trips, holiday luncheons, computers, cards and games to individuals age 60 and over. Give us a call or drop by Monday thru Friday, 9:00 A.M.– 4:00 P.M. at the Mary Kennedy Senior Center, 10 Father Kenney Way, Brockton. All Council on Aging activities are subject to change without notice.